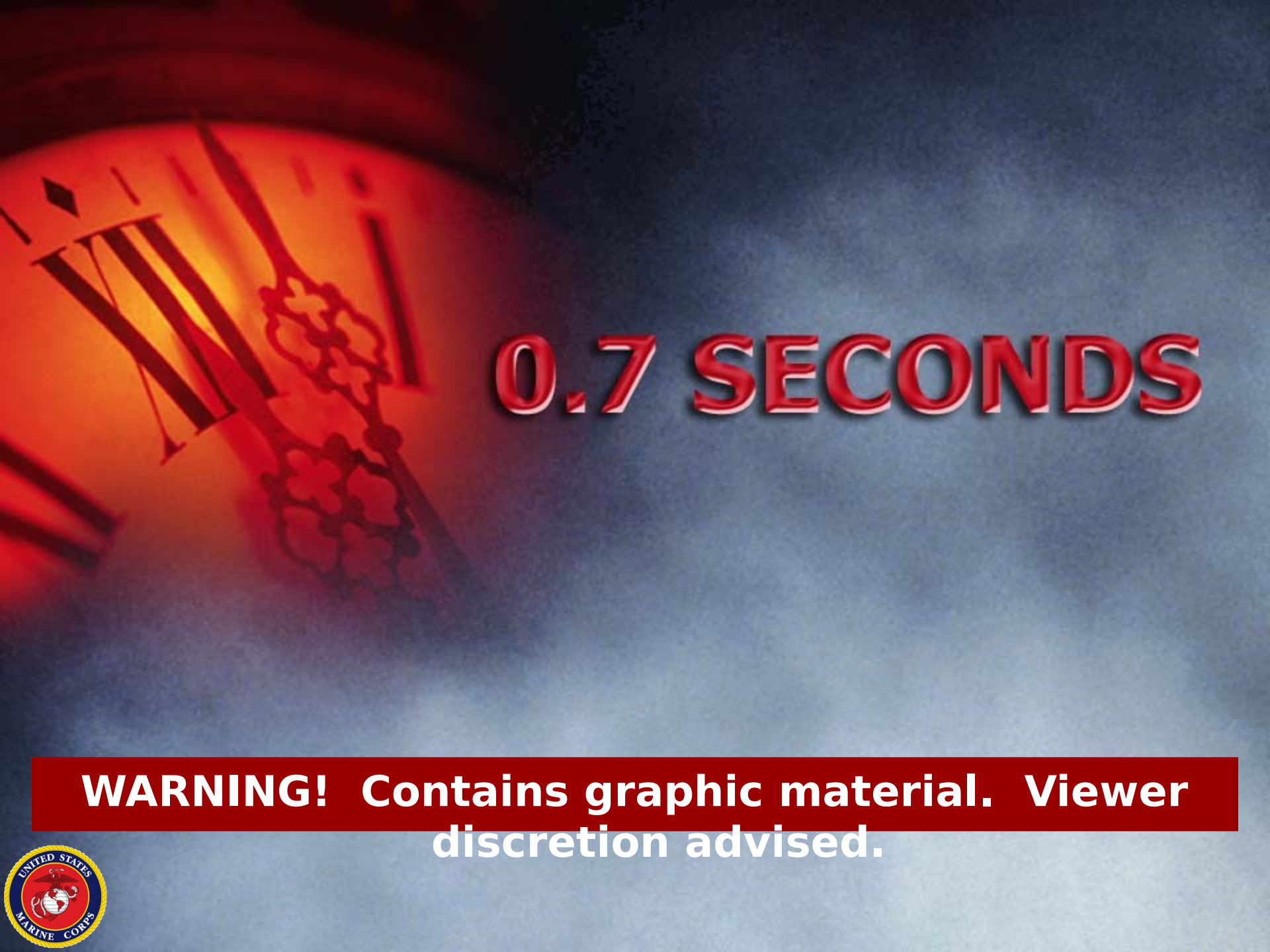


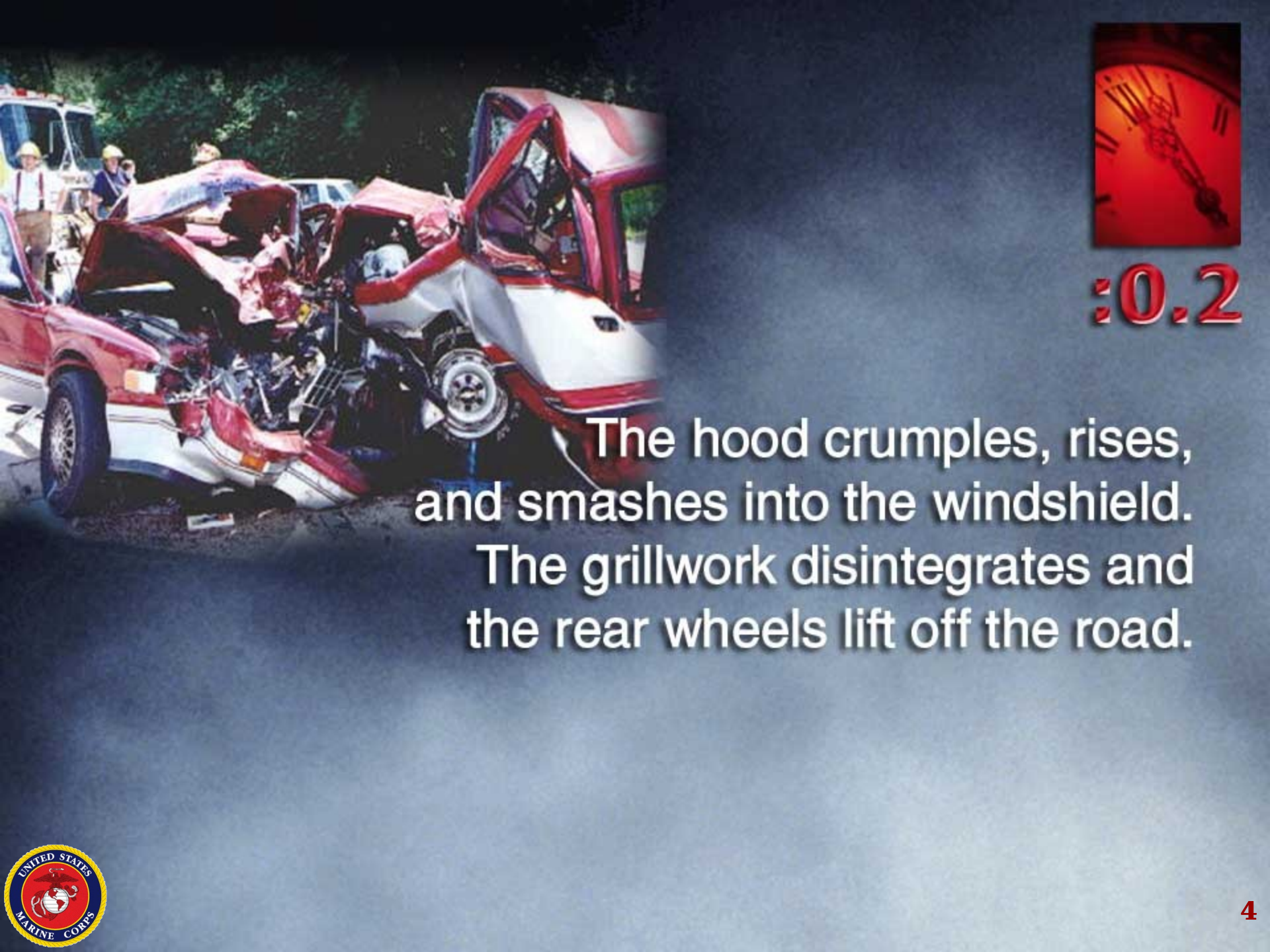

**WARNING! Contains graphic material. Viewer discretion advised.**

It takes just seven-tenths of a second for a 55-mile-per-hour crash to kill a person. A study, done at Yale and Cornell, breaks down the process into one-tenth second increments.

NOTE: The injuries sustained by the driver in these scenarios depict lack of seat belt use. Safety belts and air bags, if properly used, could save your life or lessen your injuries.

:0.1

At one-tenth of a second, the front bumper and grillwork collapse. The front tire wheelwells (splash panels) begin to wrap around the solid object. The driver's instinct is to stretch out his or her legs to brace for the impact, but they break at the knee joints.


:0.2
The hood crumples, rises,
and smashes into the windshield.
The grillwork disintegrates and
the rear wheels lift off the road.

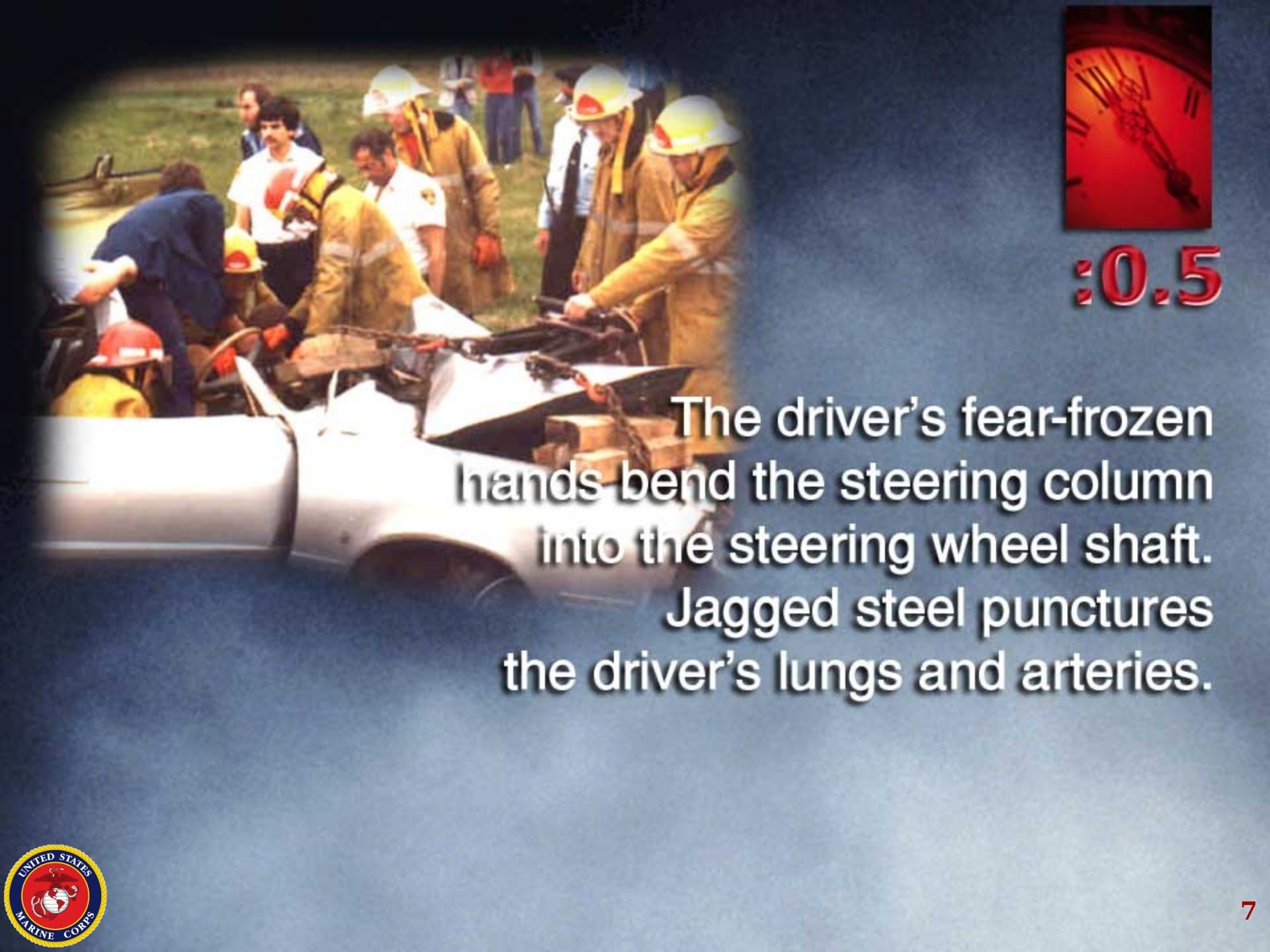
:0.3

The driver is sprung upright from the seat, his or her broken knees pressed against the dash, the steering wheel bending in the grip.

BRF04-63-N.Navy Test Sled.0.75 seconds

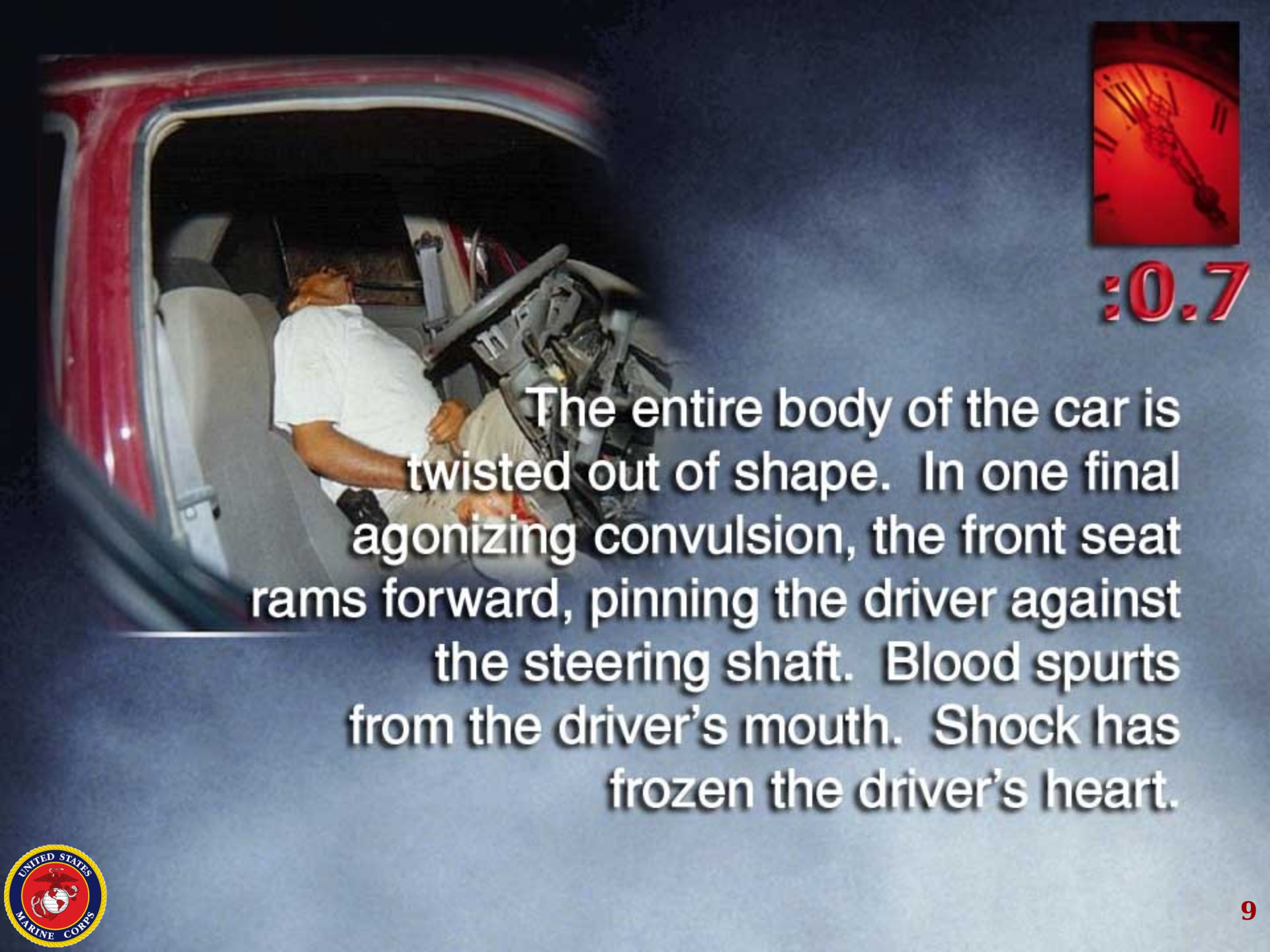
:0.4

The front of the car is destroyed and motionless, but the rear is still plunging forward at 55 miles per hour.


:0.5
The driver's fear-frozen
hands bend the steering column
into the steering wheel shaft.
Jagged steel punctures
the driver's lungs and arteries.

:0.6

The impact rips the shoes off the driver's feet. The chassis bends in the middle and the driver's head is slammed against the windshield. The rear of the car begins its downward fall and its spinning wheels churn into the earth.


:0.7
The entire body of the car is twisted out of shape. In one final agonizing convulsion, the front seat rams forward, pinning the driver against the steering shaft. Blood spurts from the driver's mouth. Shock has frozen the driver's heart.

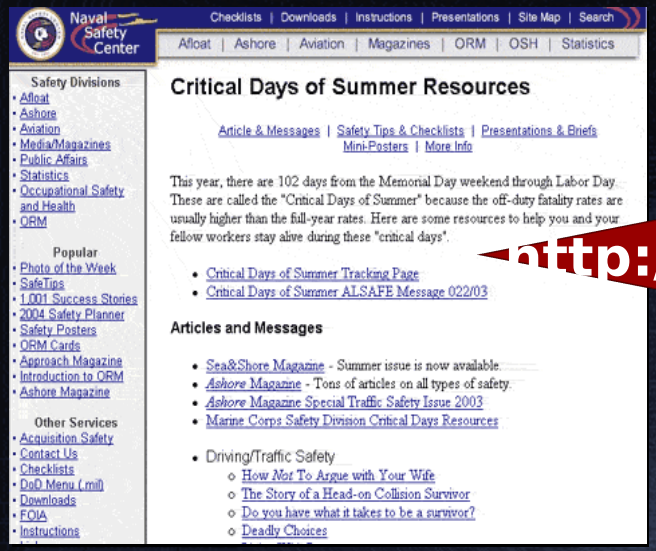
# FATAL FACTORS IN TRAFFIC MISHAPS

- Speeding
- Drinking and Driving
- Aggressive Driving
- Distracted Driving
- Drowsy Driving
- Not Using A Seat Belt
- Not Yielding the Right of Way

# Don't be a statistic...

Drive smart and live to enjoy every second of your life.

# Critical Days of Summer Resources


Naval Safety Center
Checklists | Downloads | Instructions | Presentations | Site Map | Search
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Safety Divisions
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Ashore
Aviation
Media/Magazines
Public Affairs
Statistics
Occupational Safety and Health
ORM
Popular
Photo of the Week
SafeTips
1,001 Success Stories
2004 Safety Planner
Safety Posters
ORM Cards
Approach Magazine
Introduction to ORM
Ashore Magazine
Other Services
Acquisition Safety
Contact Us
Checklists
DoD Menu (.mil)
Downloads
FOIA
Instructions
Critical Days of Summer Resources
Article & Messages | Safety Tips & Checklists | Presentations & Briefs
Mini-Posters | More Info
This year, there are 102 days from the Memorial Day weekend through Labor Day. These are called the "Critical Days of Summer" because the off-duty fatality rates are usually higher than the full-year rates. Here are some resources to help you and your fellow workers stay alive during these "critical days".
Critical Days of Summer Tracking Page
Critical Days of Summer ALSAFE Message 022/03
Articles and Messages
Sea&Shore Magazine - Summer issue is now available.
Ashore Magazine - Tons of articles on all types of safety.
Ashore Magazine Special Traffic Safety Issue 2003
Marine Corps Safety Division Critical Days Resources
Driving/Traffic Safety
How Not To Argue with Your Wife
The Story of a Head-on Collision Survivor
Do you have what it takes to be a survivor?
Deadly Choices

**SAFETY DIVISION: 703-614-1202 (**

**http://www.safetycenter.navy.mil/seasonal/c**

**http://www.safetycenter.navy.mil/presentations/seasonal/critica**

101 CRITICAL DAYS OF SUMMER
Summer is a time when people enjoy many outdoor activities such as swimming, boating, water skiing, hiking, barbequing, baseball, basketball and a host of other fun activities. It's a time when Marines and civilians alike take leave from the stresses of their jobs to spend time with their families and friends for extended periods. Many people take to the open roads to go visit family and friends; spend vacation time in pristine mountains and deserts; or bask in the sun at beaches and lakes. Whatever their vacation plans, all too often preventable mishaps increase during these critical days of summer.
This year's critical days of summer begin on Friday, May 27th and end on Tuesday, September 7th. The following table will assist in providing safety information addressing some of the most popular summer activities.
Week 1 & 2
May 24-Jun 4
Click It Or
Internet Articles
What is Click it or Ticket?
NHTSA - 2-May 2004 Click It or Ticket
Mobilization Fact Sheets
Primary seatbelt laws save kids
The High Price of Not Buckling Up
Why Safety Belts?

**http://www.hqmc.usmc.mil/safetyweb.nsf/101+criti**
**al+summer+days**